Hands On®

May/June
2007

issue no. 3

The Newsletter of the American Massage Therapy Association

AMTA Begins a New Year of Collaboration

The AMTA Board of Directors, standing committee chairs and staff attended National Leadership Orientation (NLO) in Chicago on March 1–2, 2007. Attendees were trained in their roles and responsibilities as national volunteers and as the staff who work most closely with the national volunteers.

Your 2007–2008 board of directors, immediately after taking the oath of office.

Each year participants in NLO use group exercises to visualize their understanding of the history of the profession, their goals for the future and how they'll work together to get there. NLO gives new and returning volunteers the opportunity to refresh and improve their leadership skills in areas like legal and financial responsibilities, knowledge-based decision making, strategic planning and in their roles as ambassadors for AMTA. Volunteers require all of these skills to effectively and responsibly serve AMTA members.

Following NLO the board held its March meeting, the beginning of AMTA's yearly planning cycle. After taking their oath to faithfully perform their duties to the best of their ability, board members addressed several issues including:

- **Approving policy changes to require a code of conduct.**
  Codes of conduct are used by organizations to outline the responsibilities and best practices of its members. Each AMTA volunteer is required to sign an appropriate code of conduct. This code of conduct is intended to provide a benchmark for personal and professional behavior, and support mutual trust and accountability. It affirms for members that volunteers carry out their duties and responsibilities with care, loyalty and obedience.

- **Making changes to candidacy and elections.**
  AMTA is committed to attracting qualified candidates for national leadership, while encouraging openness and efficiency in the election process. The board also wants to energize candidate recruitment and the election process and help educate members to be qualified candidates. Accordingly, the board approved workgroup recommendations to change the bylaws for the Commission on Elections to revise duties of the Commission on Candidacy. The board also changed policy to establish a code of conduct for the commission, effective for the 2007 national election.

- **Approving streamlined bylaws and moving policy statements from bylaws into policy.**
  Bylaws define and govern the internal affairs of the association, and they should remain constant with few changes. The board is dedicated to improving procedures for the

Continued on page 3

Success is Your Partner with AMTA's Locator Service

Maureen Mulhall (IL) has been an AMTA member since 1995.

AMTA member Maureen Mulhall (IL) never expected that a combination of massage, hardware and a family connection with Children's Miracle Network would give her the opportunity to help those who were helping others.

The corporate office of Ace Hardware in Chicago was participating in a nationwide meeting in St. Louis. Some staff members decided to raise money for charity by riding bicycles to the meeting from Chicago to St. Louis. The charity they chose was Children's Miracle Network, an alliance of children's hospitals.

The Ace staffers knew it was going to be important to the success of their 300-mile trek to have massages at the end of each day. They used *AMTA's Find a Massage Therapist®* national locator service to find a massage therapist and called Mulhall.

What they didn't know was that Mulhall has a special connection to Children's Miracle Network—her nephew was born at Children's Hospital in St. Louis, a participating hospital. Because they were raising money for this charity, Mulhall offered to massage them for free.

As it turned out, the appreciative staff was very generous with its tips. And Mulhall got the opportunity to meet some wonderful people who were giving back to the charity that had helped her family.

At the end of the 300-mile bicycle journey, the Ace Hardware staff had raised almost $300,000 for Children's Miracle Network—nearly $10,000 per mile! And Mulhall contributed to their success by providing her skills to keep them on track.

In the January/February issue of Hands On *we began sharing stories from members who have benefited from the locator service. If you have an interesting story about the locator service to share, we want to hear from you! Please contact kkarapetian@amtamassage.org or call toll-free 877-905-2700, ext. 133.*

Hands On
The Newsletter of the American Massage Therapy Association

May/June 2007

Editor: **Jane Seiberling**
Associate Editor: **Valerie A. Danner**
Graphic Designer: **Peg Churchwell**
Assoc. Director, Comm.: **Courtney Nashan**
Director, Comm. & Mark.: **Dean G. Vaeth, CAE**
Contributors: **Leena S. Guptha**

Board of Directors

President
Leena S. Guptha, D.O.*

President-Elect
M.K. Brennan*

Immediate Past President
Mary Beth Braun*

Vice Presidents
William Greenberg*
Brenda L. Griffith*
Kathleen Miller-Read*

Members-at-Large
Paul V. Berry Jr.
Judy Stahl Boyer
Julie Finn
Kathie Lea
Glenath Moyle
Nathan Nordstrom
Cheryl Tardy

Executive Director
Elizabeth M. Lucas, CAE

** Executive Committee member*

Hands On (ISSN 1073-9343), Vol. XVIII, No. 3. *Hands On* is a bimonthly periodical of the American Massage Therapy Association® (AMTA®), 500 Davis St., Suite 900, Evanston, IL 60201-4695, 847-864-0123, or (toll free) 877-905-2700, fax 847-864-1279. Annual AMTA membership dues include $12 for a one-year subscription. Mails at Periodicals Postage Paid at Evanston, IL, and at additional mailing offices. Postmaster: Send address changes to *Hands On,* c/o AMTA, 500 Davis St., Suite 900, Evanston, IL 60201-4695.

The American Massage Therapy Association reserves the right to edit material where appropriate; accept or reject material; reject copyrighted material unless consent of the copyright holder is obtained in writing; and assumes no responsibility for errors, omissions, corrections, or modifications in publications.

Information contained in *Hands On* does not necessarily reflect the opinions or beliefs of AMTA and/or the staff of *Hands On.* AMTA, founded in 1943, is the oldest and largest nonprofit, national, professional organization serving massage therapists in the United States, Canada and 27 other countries.

Membership in AMTA is open to all qualified individuals regardless of race, creed, national origin, gender, age, marital status, religion, sexual orientation or physical handicap.

Mission: To serve AMTA members while advancing the art, science and practice of massage therapy.

© 2007 American Massage Therapy Association

PRESIDENT'S LETTER

Reach out to Government

Dear Fellow AMTA Ambassadors,

On a daily basis you're at the front line, fighting for clients, wrestling to balance your professional and personal lives and trying to stay ahead of the curve by keeping up with advancing knowledge. Probably far from your mind is the best way to ensure credibility for the profession and protect yourself and the public from unqualified practitioners—a function that a government agency could easily accomplish by licensure. AMTA believes state licensing is the best way to achieve this, so three years ago the AMTA Board of Directors created a goal to work towards fair and consistent licensing standards in all states. The goal of AMTA's advocacy for licensure is to protect you and the public alike and also to make it easier in the future for you to move your practice to another state without interference from unfair local ordinances.

To this end, AMTA has developed a Government Relations (GR) Program to work for consistent licensure. The GR Program has a centralized approach and relies on close collaboration with AMTA chapters. Together with AMTA's activities in building professional competency and improving collaboration within the profession, the GR Program is adding to AMTA's advocacy for well-trained massage therapists, and increasing the value of massage therapy education. It is part of AMTA's ongoing work to advance the common interest of the profession and our members, and it is just one of the many ways AMTA is working to broaden the opportunities for you to practice. As ambassadors for your profession, I encourage you to take this

Responsibility, **O**wnership, **A**ccountability, **D**edication

for our success.

I encourage you to join with me, join with the AMTA Board of Directors, join with the GR Program and join with your chapter representatives to work together as we move closer to the long-range goal for AMTA members to be the preferred providers for massage therapy as a routine part of society's health and well-being. The success of AMTA and the GR Program is your success, and it is dependent on you adding your voice to it in your state either through your representative in your chapter, or by writing to your state legislator to seek his or her support and sponsorship.

I ask you once again to join me in the pursuit of excellence, and send me your thoughts, views, support and constructive feedback at drleena@amtamassage.org.

Proud to be an AMTA member,

Leena S. Guptha, DO
AMTA President

New Year of Collaboration *Continued from page 1*

benefit of all members, and recognizes that AMTA's bylaws have been changed too often in the past. In 2003, the board agreed to a review of the bylaws to ensure they are consistent and concise. On the recommendations of the Bylaws, Policy and Procedures Workgroup and AMTA's attorney, the board approved a revised set of bylaws, and updated policy accordingly. Bylaws and policy can be viewed in the Members Section of the AMTA website at www.amtamassage.org/members/governance.html.

- **Updating volunteer job descriptions.** AMTA wants to make sure volunteer members have the resources they need for a successful and fulfilling experience. To help them understand the roles and responsibilities of various volunteer positions, AMTA has been creating and updating job descriptions through the work of the Governance Committee. At this meeting, the board approved updated job descriptions for several more positions.

Left to right: Immediate Past President Mary Beth Braun (IN); President Leena S. Guptha (PA); President-Elect M.K. Brennan (NC).

Bottom: Immediate Past President Mary Beth Braun (IN) fastens the president's pin on President Leena S. Guptha (PA).

In other actions, the board approved changes to clarify chapter financial and administrative reporting requirements. It also approved a policy change reflecting the revision of the Government Relations Standing Committee to an Operational Committee. Finally, meeting attendees received a projected year-end financial report. When the audit is completed, AMTA should show another year of growth. Complete details of AMTA's financial performance in FY06/07 will be available in the July/August issue of *Hands On*.

AMTA Board Supports Foundation Development

At its March meeting, the AMTA Board of Directors approved a request from the Massage Therapy Foundation to create a full-time development manager position to expand its fundraising capacity.

AMTA's vision of the future for massage therapy includes that massage practices will become evidence-based, and that there will be significant information in scientific literature on the use, safety and effects of therapeutic massage. AMTA member dues make it possible to be a sustaining benefactor of the Massage Therapy Foundation as it advances the practice of massage therapy.

Help Recruit Students to AMTA

AMTA needs field sales representatives to help recruit students in areas where there are concentrations of massage schools. We're looking for people who are or have been practitioners and/or educators, have field sales experience and currently live near any of the following cities: Chicago, San Diego, San Francisco, Seattle or Washington, D.C.

To be considered for this contract position, qualified applicants should e-mail their resumes to FieldSalesRepresentative@amtamassage.org. Please type "Field Sales Rep" in the subject line of your e-mail.

The AMTA Board of Directors Wants to Hear Your Thoughts

By M.K. Brennan (NC) and Judy Stahl Boyer (AZ)

In the last issue of *Hands On*, we talked about the roles and responsibilities of the AMTA Board of Directors. These include setting the direction of the association, and making sure financial and human resources are available to carry out plans to serve our members and move the association forward. In this issue, we'll talk about how members and volunteers can communicate their views to the board.

While the AMTA president is the official spokesperson for the association, all board members are always open to hearing what members think. Board members gain new perspective and can make better decisions when they hear the views and opinions of members. You can reach board members by logging into the Members Section of the AMTA website at www.amtamassage.org/member. Here you'll find each board member's contact information.

Board members will try to respond in a timely way:

- Acknowledgement of e-mail or voicemail message in one to two days.
- Acknowledgement of mailed letter within one to two weeks.
- Response to e-mail or voicemail question in two to three days.
- Response to a mailed letter within one to two weeks.

Board members are approachable! You should feel free to talk to them at board meetings and at the AMTA National Convention.

If you can't attend a board meeting or the convention, you can still make your voice heard by responding to the surveys you receive. Your responses are a valuable source of information for the board for its knowledge-based decision making. The data provided by member surveys have an impact on a wide range of programs and services. This is what is meant by being member-driven—what you say and think counts!

One last tip regarding surveys: please try to fill them out and submit them as soon as possible after receiving them, while the questions are fresh in your mind. Timely information from our members is a very important tool. Most of the surveys AMTA sends to you take only a few minutes to fill out, and when you complete some of them you may be entered in a drawing for a prize, such as a free trip to the convention!

Please feel free to contact either of us if you have any questions: M.K. Brennan at mkamta@aol.com or 704-536-3446; Judy Stahl Boyer at jboyer2004@hotmail.com or 928-778-6208.

fingerprints

Massage for Special Needs

Left to right (standing): Denis Larsen (NJ), Dr. Avila Frias, a nurse, Blanca, and the diver, Juan, discuss the unique challenges of therapy for DCI.

For the past two years, Denis Larsen (NJ), LMT, NCTMB, has been splitting his time between his two clinics—one in New Jersey, and the other in Isla Mujeres, Quintana Roo in Mexico, where he provides pro bono massage services for its residents.

In 2004 Larsen was part of the Health Services Massage Team for the 2004 Paralympics in Athens, Greece. It was there that he got first-hand experience working with athletes with physical disabilities. After his return to the United States he formed a nonprofit corporation, Paratherapy Society, Inc., to help deliver needed therapies.

While seeing clients in Isla Mujeres, he discovered several who suffered from Decompression Illness (DCI). The men were all commercial fishermen who used SCUBA to gather lobster and conch on the ocean floor. One was in a wheelchair and unable to walk, his brother was in a walker and a third could walk with a cane. Larsen treated them over an extended period with satisfying results. There was no change in their gross symptoms, but all felt better after the massage. The client in the wheelchair thought he regained some sensation in his legs.

When he learned of another patient with DCI, Larsen asked to be allowed to try massage while the diver underwent oxygen therapy. Larsen first called Divers Alert Network (DAN), the world authority on dive medicine located at Duke University, to see what they had to say. DAN said that doctors were about evenly split about divers receiving massage immediately after experiencing symptoms of DCI. DAN further reported no history of massage being done during oxygen therapy.

After speaking with Martin Tito Avila Frias, the doctor in charge of the therapy program, Larsen was given permission to work on the diver during his therapy. While the diver received oxygen therapy for almost one full hour, Larsen used gentle stretches, repetitive bends and palming compression to promote blood circulation through the man's legs.

When they were finished, the diver reported that he could walk a little easier with less pain. So the next day they did it again, with the same results. The following day, the diver was discharged to his home.

It's what Larsen loves most—being able to help, with massage, those who might not otherwise have access to it. "Most of the islanders would never receive a massage if they had to pay for it," he says. "They are truly grateful for the work I do with them."

Larsen is executive director and founder of aNeed2Heal Bodywork Centers with treatment and teaching facilities in both the United States and Mexico. For more information, visit www.aneed2heal.com.

Help Yourself by Helping Others

Why volunteer with AMTA? Because volunteering can help you to:

- have an impact on your profession.
- network with colleagues.
- grow personally and professionally.
- have some fun!

Just log in with your member ID and password to the Members Section at www.amtamassage.org and click on "Volunteer Development Center." Then click on the "National Volunteer Database" link. You can fill out an online application for volunteering and search available volunteer opportunities.

If you have any questions, contact Melissa Spani, volunteer development and governance assistant, at mspani@amtamassage.org or toll-free 877-905-2700, ext. 189.

AMTA Spotlights Members

AMTA is continuing the magazine and Internet advertising we began in August 2006, to help promote AMTA members to consumers.

Look for full-page ads in the March and April issues of *Redbook, Health* and *Body+Soul* magazines. You'll see our ad again in the July/August issue of *Health*. We'll also continue our Internet ads on Google™, Yahoo® and DrWeil.com to draw consumers to *AMTA's Find a Massage Therapist*® national locator service at www.findamassagetherapist.org.

In February, the locator service got a special boost when one of the articles on *Health's* website told readers to look for an AMTA massage therapist for their massage. On March 8, CNN.com picked up the article and featured it as a health story of the day, with a link that also directed readers to the locator service.

Beginning this spring, AMTA is also placing ads in *Spa, DAYSPA* and *American Spa* magazines that tell clients to ask for an AMTA member, and tell spa owners to use AMTA's online Job Bank at www.amtamassage.org/jobbank to find AMTA massage therapists who want to work in spas.

AMTA's ads help spread the word about the benefits of massage therapy and the professionalism of AMTA members, and establish the AMTA name and logo with the public.

Remember to ask new clients how they heard about you and if they've seen AMTA ads in national magazines. Display your AMTA membership certificate and logo where clients will see it. Use the logo in your own advertising. If you're a Professional member, don't forget to enter or update your listing in the locator service by calling Member Services toll-free at 877-905-2700 or visiting www.findamassagetherapist.org.

Members Make NMTAW Their Own

In October 2006 AMTA members, chapters, and schools celebrated National Massage Therapy Awareness Week® (NMTAW) in exceptional and creative ways. They demonstrated their skills to consumers in their communities, and gave many who never had a massage the chance to experience its benefits first-hand. Members also used the power of radio and newspapers to reach even more people during the week.

Right: Lynn Keenan (WA) provides chair massage at a Port Angeles YMCA event.

Bottom: Left to right: Patrick Wilson (CA) and Al Caso (CA) give free massage to students and faculty at DeAnza College.

AMTA Chapters

- The Washington Chapter Olympic Peninsula Unit donated more than 60 hours and massaged 135 people at four sites in Port Angeles, Washington. The lucky recipients included courthouse employees, police officers, YMCA staff and visitors from the local farmers market. The unit publicized the events through radio interviews, newspaper ads and public service announcements. The unit also gave promotional packets to individual members to help them celebrate the week with their clients.
- The AMTA New Jersey Chapter placed full-color ads in the Sunday edition of the *Asbury Park Press, Home News Tribune, Courier Post* and the *Press of Atlantic City* to promote NMTAW and build awareness of AMTA massage therapists in the area. Governor Corzine also declared October 22–28, 2006, National Massage Therapy Awareness Week throughout the state.

AMTA Members

- Sarah Ernst-Edwards (MA) created a coupon postcard featuring the NMTAW logo, and sent it to all her clients as a reminder of the benefits of massage. She also displayed the cards and the NMTAW poster at the two offices where she practices.
- Michele Scotto-Rosenblatt (NY) wrote an article on the benefits of massage and placed an ad with the NMTAW logo and three different coupons in her local paper.
- Amy Eckard (VA) contacted a local radio station, gave a 15-minute interview on the benefits of massage, and made up trivia questions so listeners could call in to win massage gift certificates she donated. Winning calls came from as far as an hour's drive away.

AMTA School Members

- Massage therapy students at DeAnza College partnered with the AMTA California Chapter Silicon Valley Unit to massage students and faculty at the college. It turned out to be a great way to build awareness for the massage program on campus and the benefits of massage. The mayor also proclaimed it NMTAW week and presented the unit with a plaque. The events were covered in the local newspaper, the *Cupertino Courier*.
- Massage students from High Tech Institute (CA), Western Career College (CA) and Bryan College (CA) joined the AMTA California Chapter Greater Sacramento Area Unit on the steps of the state capitol, where 100 massage therapists and students gave massage to more than 400 people.

AMTA thanks all the chapters, individual members and schools who celebrated NMTAW. Everyone who participated moved one step closer to the goal for AMTA members to be society's choice for massage as a routine part of health and well-being. And it's never too early to start thinking about this year—make your plans now for National Massage Therapy Awareness Week, October 21–27, 2007!

Find Your Next Position in AMTA's Job Bank

Looking for a massage therapy position? Want to get your resume seen by more potential employers? Then AMTA's online Job Bank at www.amtamassage.org/jobbank is just what you need!

In the Job Bank you can:

- Sign in with your member ID number and password to post your resume for **free**.
- Post your resume for 60, 90 or 120 days.
- Build your own professional resume using our easy step-by-step guide.
- Copy and paste an existing resume into the easy-to-use web forms.

If you're looking to break into the spa market, read "AMTA Spotlights Members" on page 4. AMTA is placing ads in several magazines for spa owners, pointing them to the AMTA Job Bank to find their next massage therapist. So make sure your resume is there!

We're promoting members to both consumers and the spa industry to help reach AMTA's long-range goal for AMTA members to be society's choice for massage.

Successful Test-Taking Tips

By Paul V. Berry Jr. (GA)

Whether you're a recent graduate or a massage therapist who's been practicing for years, your education in massage therapy will continue throughout your career. Currently 37 states and Washington, D.C., require you to successfully complete an exam in order to legally practice. Many continuing education (CE) courses also require passing a test to earn CE contact hours. Some employers even require you to take an exam as part of the interview process. Here are 10 test-taking tips to ensure your success, whether you're preparing for certification, licensure or any other exam.

1) **Sleep.** You should get six to eight hours of sleep every day. A 2003 Harvard Medical School study found that a good night's sleep improved motor skills, and that's not all! "The brain continues to learn during sleep," says Matthew Walker, a neuroscientist who led the study. "Memory processing is so absolutely dependent on a full night's sleep that you shortchange your brain if you don't get it." (*Harvard Gazette*, Nov. 20, 2003)

2) **Study.** Yes, study. Try to study on a regular schedule, at least eight hours a week, for 60 days prior to the examination. It's important to build on the skills and knowledge you gained in school. Revisit your books and curriculum and compare it to available materials that outline the test, such as an examination information packet. Ask yourself, "What am I missing?" And be sure to study in increments. If you make a study schedule—two hours a day, three to four times a week—your mind can move learned information from short-term memory to long-term memory.

3) **Know Your Learning Style**. Before you buy any study materials, figure out your learning style. According to Richard M. Felder, a professor at North Carolina State University, this will help you select study materials that best suit you. If you're an Active and Reflective Learner, actually doing the task and speaking out loud will help you remember the material. If you're a Sensor and Intuitive Learner, giving examples and scenarios would help you most, and so on. Go to www.engr.ncsu.edu/learningstyles/ilsweb.html to take the test and find your learning style. It's free!

4) **Purchase the Right Study Materials**. Buy study materials that suit your learning style, and make sure they're up-to-date. Buy a book or DVD that covers the material. Attend a review course that suits your learning style.

5) **Study Weak Areas First**. Now that you've identified your learning style and bought the right study materials, make your study plan. Remember it's best to study your weakest subjects first. Try to concentrate at least 70 percent of your scheduled study time on these areas. In no time, your weakest subjects could be your strongest!

6) **Review Strong Areas**. Spend the last 30 percent of your scheduled study time on your strongest subjects. Even though you may be confident in these areas, you can still enhance them with review. You could learn new methods in familiar subjects. And, it feels great to end your study time with something you know well!

7) **Use Memory Aids**. Learn how to use acronyms, mnemonics and abbreviations to remember different subject areas. You've learned some in school (SITS, "Tom, Dick, and Harry" and SOAP)—now make your own. Visit www.psywww.com/mtsite/memory.html for more information on techniques to increase your learning. Graphs, charts, pictures and flashcards can be wonderful recall tools as well.

8) **Schedule Stress-free Time**. Whatever you do to relieve your stress, schedule it during your day, every day. Exchange massages with another massage therapist. Meditate 15 minutes prior to study time and 15 minutes after. Attend a local yoga or aerobics class. If you haven't made any time to relax during your day, make it now!

9) **Follow Instructions**. It's very important that you read all the test instructions before you take the test. Also, review any information you were sent with your test registration confirmation. On examination day, be sure to arrive at least 20 minutes prior to your scheduled time, with the proper identification.

10) **Be Optimistic**. You're a massage professional, and in your profession optimism is a primary way to achieve good health. Believe that you will pass the exam. Leave yourself notes in your study area or on your refrigerator, and look in the mirror every day to say, "I am going to pass." Stay focused, stay positive, and you will make your own good luck!

Paul V. Berry Jr., LMT, NCTMB, is a member-at-large on the AMTA Board of Directors. He can be contacted at 770-573-0029 or malamta@comcast.net.

You can download a list of required exams for each state in PDF at www.amtamassage.org/pdf/2006_StateLaws.pdf.

AMTA Supports Anti-discrimination Concept

In its April conference call, the AMTA Board of Directors voted to support the Integrative Healthcare Policy Consortium's idea to create legislation that would prevent discrimination between types of health care providers by any federal health care program.

This initiative is in the early stages, and language for the legislation is not yet available for AMTA to review. However, the intention is that legislation will ensure the federal government cannot discriminate against types of health care providers, either in terms of insurance coverage or in opportunities for support, such as loans and education.

A prohibition like this would have two main benefits:

- Members of Congress would no longer have to choose sides or get tangled up in scope of practice issues that now bog down many health care bills.
- The health care policy debate could focus on patient care, regardless of which groups have the biggest lobbying budget.

The ultimate goal is to create equal opportunities among authorized providers and health care institutions, and to increase patient choice.

We'll keep you informed as this develops and let you know ways that you can get involved to support this effort.

A Brief History of GR at AMTA

State governments and their regulation of the massage therapy profession are constantly changing. To keep up with these changes, and to advance AMTA's advocacy of fair and consistent licensing of massage therapy in all states, AMTA launched a new, centralized Government Relations (GR) Program in May 2006.

This GR Program coordinates the work of chapter volunteers in all states to achieve AMTA's goal of fair and consistent state licensure. It also works to include, in any new legislation, the "must have" elements and "should have" elements of a baseline massage therapy practice act.

The GR Program was developed over several years. In May 2003, the AMTA Board of Directors approved supporting portability of massage practice across state lines. A few months later the board approved a strategic focus on advocacy and influence, to work toward creation of a GR Program.

To make sure this program would meet our advocacy needs, AMTA gathered information from outside experts on massage practice laws and chapter GR activities. This research was presented to the board in March 2005. As a result, the board changed the program focus from consulting with legislators about regulation of massage to proactively pursuing licensure in every state.

Reaching our long-range goals for portability requires fair and consistent licensing in all states. So, AMTA has developed a centralized and consistent approach to government relations now carried out by staff, with the support and input of volunteers on the new Government Relations Operational Committee.

For more details on the goals of the GR Program and for legislative updates, please visit Government Relations at www.amtamassage.org/government.

MASSAGE THERAPY FOUNDATION

Research News

NCCAM "Backgrounder" on Massage Therapy

The National Institutes of Health (NIH) has added a new section to its National Center for Complementary and Alternative Medicine (NCCAM) website on massage as a CAM therapy. It gives an overview of massage therapy, recommendations on how to use massage as a CAM treatment and NIH-funded research on massage. To view the "Backgrounder," please visit www.nccam.nih.gov/health/massage.

Recently Published Articles by Foundation Volunteers

Foundation volunteers Cynthia D. Myers, PhD, LMT, of Tampa, Florida, and Bohdi Haraldsson, RMT, MTABC, of Vancouver, British Columbia, and others recently published an article, "Massage for Mechanical Neck Disorders: A Systematic Review," in the journal *Spine*. The article draws attention to massage therapy as a common treatment for neck pain and points out the need for more specific information, such as techniques and dosing, in research on massage therapy.

Foundation volunteers Christopher Moyer, PhD, of Oneonta, New York, and Shay Beider, MPH, LMT, of Los Angeles, were recently published in *Evidence-based Complementary and Alternative Medicine*. Their article, "Randomized Controlled Trials of Pediatric Massage: A Review," analyzed twenty-four randomized controlled trials, and found that massage significantly reduced anxiety levels in subjects aged 2 to 19 years.

To view these abstracts, please visit www.massagetherapyfoundation.org/independentresearch articles.html.

Foundation News

First Annual Practitioner Case Report Contest

The foundation is encouraging skilled practitioners to share their clinical experiences by participating in its new Practitioner Case Report Contest. Winning submissions are awarded cash prizes, publication in the *Journal of Bodywork and Movement Therapies*, and the opportunity to present the report at a research conference. Practitioners will also be able to:

- Share clinical insights with fellow practitioners.
- Strengthen research skills and literacy.
- Establish relationships with other researchers.
- Improve their practices and win up to $4,500.

The submission deadline is October 8, 2007. For contest guidelines, visit www.massagetherapyfoundation.org or contact Alison Pittas, research and programming coordinator, at 847-905-1667 or apittas@massagetherapyfoundation.org.

Save the Date

The foundation will host a post-convention workshop taught by Leon Chaitow this September following the AMTA 2007 National Convention in Cincinnati, Ohio. Chaitow's workshop, "Advanced Muscle Energy Techniques (MET) for Massage Therapists," will be held September 30 to October 1, 2007, at the Hilton Cincinnati. More details will be available soon on the foundation's website at www.massagetherapyfoundation.org.

Support the Massage Therapy Foundation by Purchasing BIOTONE Products

BIOTONE is partnering with the Massage Therapy Foundation to bring massage to people in need. Between April 15 and May 31, 2007, BIOTONE will donate 5 percent of the proceeds from any purchase over $50 to the foundation. Purchases must be made at www.biotone.com or by calling 800-445-4567. Through this program, BIOTONE will give up to $10,000 to the foundation to fund community service grants.

education

2007 Calendar

June 2
AMTA Board of Directors Meeting
Phoenix, Arizona
Contact: 877-905-2700, ext. 157
gmitchell@amtamassage.org

July 12–15
Chapter Volunteer Orientation Program
Evanston, Illinois
Contact: 877-905-2700, ext. 168
gfriedman@amtamassage.org

September 25
AMTA Board of Directors Meeting
Cincinnati, Ohio
Contact: 877-905-2700, ext. 157
gmitchell@amtamassage.org

September 26–29
AMTA National Convention
Cincinnati, Ohio
Contact: 877-905-2700, ext. 143
hstearns@amtamassage.org

October 4–5
First International Fascia Research Congress
Harvard Medical School
Boston, Massachusetts
Contact: www.fascia2007.com

October 21–27
National Massage Therapy Awareness Week
Contact: 877-905-2700, ext. 133
kkarapetian@amtamassage.org

Don't Miss an Issue

Have you moved recently, or changed your e-mail address? Let us know your new address by logging in and using the simple change-of-address form at www.amtamassage.org/member/addrchange.html. Or, call Member Services toll-free at 877-905-2700. It's just that easy to keep in touch!

Upcoming Deadlines

June 18, 2007 – September/October 2007
August 18, 2007 – Nov/Dec 2007

Hands On welcomes contributions from AMTA members. All submissions must include contact information, and may be edited for space and clarity. *Hands On* does not accept advertisements. Address all correspondence to:

Editor: Hands On, 500 Davis St.,
Suite 900, Evanston, IL 60201-4695
Phone: 877-905-2700, ext. 144
Fax: 847-864-1279
e-mail: handson@amtamassage.org

ho07mj 57M0407 ♻ *Printed on recycled paper*

CREATING CONNECTIONS IN CINCINNATI
with your career, your community, your profession

AMTA 2007 NATIONAL CONVENTION
SEPTEMBER 26-29 | CINCINNATI, OHIO

Link to Your Future at the AMTA 2007 National Convention

This year's national convention, "Creating Connections," will take place in Cincinnati, Ohio, September 26–29, 2007. You can build a bridge to your successful future with plenty of choices for continuing education at the convention.

For the first time ever, AMTA is offering a 16-hour pre-convention workshop with George Kousaleos (FL). The workshop, "CORE Institute's Sports & Performance Bodywork–A Four System Approach," will run September 25 to 26.

And for the third straight year AMTA is offering a 16-hour course during convention, "Spinal Reflex Analysis, Level 1." The course will run over two days, September 28 to 29. Instructing the course is L. Frank Jarrell (CO).

Classes sell out quickly, so sign up now and don't miss the opportunity to attend sessions taught by Elizabeth Wetzig, Doug Nelson (IL), Bryan Born, Cheryl Chapman (NJ), Meir Schneider (CA), Dennis Price (FL), Ruth Werner (UT), Mike Dixon, Fiona Rattray, Pete Whitridge (FL), Clint Chandler (CO), and Kay Rynerson (WA).

Register now and you'll enjoy the early registration rate for AMTA members! For more information and to register, visit www.amtamassage.org.

Get to Know AMTA Continuing Education

Recently we've received questions from several members asking about AMTA's continuing education (CE) requirements. AMTA has its own set of CE requirements that are different in some ways from other organizations and agencies.

AMTA ***does:***

- require 48 clock hours of continuing education every four years.
- accept current NCBTMB or NCCAOM-ABT certification in place of the 48 hours.
- offer you easy ways to find CE courses at our online Center for Continuing Education, www.amtamassage.org/cont_edu.html, and our online training website, www.amtaonlinetraining.org.
- offer you the chance to earn CE contact hours while connecting with your peers in the massage therapy community every year at our national convention.

AMTA ***does not:***

- require a particular number of hours from specific topic categories, such as ethics.
- restrict how many of the hours can come from online or home study courses instead of live training.
- approve CE providers or restrict which providers you can use.

AMTA is an NCBTMB-approved provider of continuing education.

Hands On
The Newsletter of the American Massage Therapy Association
500 Davis St., Suite 900 • Evanston, IL 60201-4695 • HandsOn@amtamassage.org